

# PEAK PERFORMANCE



## Elevate Your Game. Avoid Burnout. And Thrive.



### YOUR GROWTH

Your growth comes from two areas: stress and rest. To grow, you must challenge yourself and rest deliberately.

### YOUR ROUTINE

Design your routine to help you get focused in the morning. Become a ruthless prioritizer of tasks.

### YOUR PURPOSE

Develop your purpose. It will push you when you're up and keep you afloat when you're down.



## THE OPEN SECRET TO GROWTH

### THE GROWTH FORMULA $\Sigma$

To grow your muscles, you need to stress them with exercise and then rest them to help recovery.

Your brain is a muscle.

**Stress + Rest = Growth**

### HOW TO STRESS YOURSELF

- 1 Start with challenges that barely exceed your current abilities.
- 2 Remove distractions and focus on the task at hand.
- 3 Work in periods. Fifty minutes on, twenty minutes off.
- 4 Develop a growth-oriented mindset. Think 'I can't, yet'

### THE REAL SECRET TO GROWTH

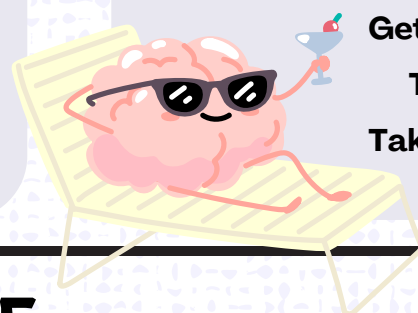
The real secret to growth is in how you rest and how often.

Mindfulness - Focus on breathing for 1 minute each day.

Get good sleep.

Take lots of breaks.

Take Extended Time Off



## PRIME YOURSELF

### GET IN THE ZONE

You know you're in the zone when you just do and don't think.

To get into the ideal state of body and mind. Build a routine and stick to it.

- e.g. Meditation before big meetings.
- e.g. Push ups before speaking on stage.
- e.g. Daily walk before starting your day.
- e.g. Read favourite posts before writing.

### A PERFECT PLACE TO DO WORK

We work better in spaces designed to stimulate our minds and trigger desired behaviours.



- Surround yourself with objects that trigger desired behaviour.
- Consistently work in the same place.
- Create and follow a consistent schedule.

### BECOME AN EXTREME MINIMALIST

The key to becoming a top performer is saying YES only to work that brings you closer to your goal.

#### Daily Practice:

Eliminate decisions by automating as many tasks as possible.



## PURPOSE

### THE PURPOSE OF PURPOSE

A purpose will give you the strength, desire to overcome the impossible and push your limits.

#### Benefits of Purpose:

- Overcome your ego
- Helps you break barriers.
- Keeps you going when the going gets tough.



### THE SECRET TO UNLIMITED MOTIVATION

There are two ways to increase your motivation:

▶ Link your work to your purpose or a greater cause.

▶ Give back to get back. Giving is a powerful burnout extinguisher.

You can't



### HOW TO DEVELOP YOUR PURPOSE

- 1 Select your core values. Your beliefs and guiding principles.
- 2 Personalize each core value. What does it mean to you?
- 3 Rank your values. From most deeply held to least important.
- 4 Reflect on your values and write your purpose statement.

Find this valuable? Follow me, **Terry Danylak**, for more.

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